

Fletcher Towelwork® Basics:

Using a thin bath towel:

Fold the towel in half lengthwise. Twist the towel until it resembles a rope. Hold the towel at double the width of the shoulder girdle. Be sure to wrap the pinky side of your hand around the towel to more fully engage from the back. Note the shoulder, elbow and wrist alignment.

Using a Fletcher braided towel:

Hold the towel at double the width of the shoulder girdle. Wrap the hands fully around the towel and engage from the back. Note the shoulder, elbow and wrist alignment.

Fletcher towels, along with the full Towelwork program DVD, are available at fletcherpilates.com or through Balanced Body at pilates.com.

workout by Kyria Sabin, director, Fletcher Pilates International modeled by Emily Acre



The Towel man himself, first-generation teacher Ron Fletcher